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Parking Causes Problems

Emily Sabia
Staff Reporter

The majority of the 6,200 students at Sacred Heart University park their cars in the North Parking Lot during the week, everyone from commuters to part-time students to residential students who are on campus for class.

During peak class times, such as 12:30 p.m., the 639 parking spaces in North lot can easily fill up and students are left to scavenge the aisles or park on the nearby streets. There are multiple parking lots around campus, but students usually park in North Lot.

"It's rare to find a parking spot in the Library or Commuter Lots," said senior Marissa Munch. "Basically if you get to campus after 9 a.m., you're going to be driving up and down North Lot trying to find a spot because everything else is filled."

Sacred Heart currently has no plans to create additional parking areas on campus.

"They were planning a parking garage, but as of now I understand that it would cost too much money," said junior Alexa Oberle a Student Government senator. "So there are no plans to move forward with it in the next few years."

When students do find parking in the North Lot, it can be difficult for them to fit their cars into the cramped spaces. Most parking spaces are only eight feet wide and 16.5 feet long.

The Town of Fairfield zoning regulations requires all parking spaces to be "not less than nine (9) feet by eighteen (18) feet," according to Fairfieldct.org. The State of Connecticut also has regulations for handicap parking spaces, which must be at least 15 feet wide.

"The parking spaces are preexisting by old zoning rules and grandfathered, new spaces go by the new code requirements," said Dennis-Manson, Assistant Director of Public Safety at Sacred Heart.

Sacred Heart University was established in 1963, which is the oldest these parking spaces in the North lot may date back to.

"The standard in 1957 was that you had to be able to accommodate a length of 18 feet and a minimum area of 180 square feet," said James Wendt, the Assistant Director of the Town Planning and Zoning Commission in Fairfield.

These regulations were established on Dec. 3, 1957 and became the law until sometime before 1979, when the current regulations were first recorded.

A parking space that is 18 feet long should be at least 10 feet wide, according to the 1957 town regulations.

Most cars are between six and seven feet wide, which can make it difficult for students to park in the narrow spaces. If a student's car is seven feet wide and the parking space is only eight feet wide, that leaves the student about six inches of room to get out of their car.

Many students have scratches and dents on their cars that they say come from parking in North Lot.

"Public Safety is working on a multiyear plan with a company to gradually install security cameras in different spots on campus," said Oberle. "North Lot is also the number one priority with installing cameras."

Security cameras would additionally help to catch those who hit and run on campus.

"Data received from Sept. 1, 2012 to Oct. 12, 2012 indicated there were 8 hit and run accidents in various locations on campus," said Dennis-Manson.

Without security cameras, Public Safety has no way of identifying the offender other than student witnesses.

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see PARKING on page 2...

Voting In Presidential Election



The Spectrum/Madeline Murcott

Voting by Mail is a favorite among college students.

Daniel Bird
Staff Reporter

Attention Sacred Heart University Students- most likely more than half of the student body is failing. No, not your classes, but to vote.

According to the Center for Information and Research on Civic Learning and Engagement at Tufts University, the national turn out for citizens aged 18-24 was 48.5% in the previous Presidential election. This statistic is noticeably lower than the national voter turnout percentage, which was 56.8% in 2008.

But why do the young people of our country seem to struggle to get out to the polls?

"I think that there are a lot of factors for the low voting turn out for young people," said senior Ryan Neumann, a political science major. "There's a lot of us who are not educated on the on these matters, and then there are also a lot of people who don't care. A lot of people under the age of 22 are still living off of their parents so they don't really see how the government affects them specifically."

The real question however, is where does the state of Connecticut stand on this issue?

The Center for Information and Research on Civic Learning and Engagement calculated that approximately 52% of voters aged 18-24 took part in the previous election.

see VOTING on page 2...

WWE Wrestler Gives Presentation at SHU

Caitlin Fenney
Staff Reporter

On Wednesday, Oct. 3, former WWE wrestler and champion, Mick Foley gave a presentation at Sacred Heart University.

The presentation entitled, "Stomping Out Sexual Assault on Campus," was a requirement for all Greek Life students and athletes.

Foley has not only been a professional wrestler, but also a New York Times Bestselling Autobiographer, a stand up comedian, and a Rape Crisis Hotline Volunteer.

Foley began the presentation by allowing students to ask him some questions about his wrestling career; but he then shifted to a much more serious topic on rape.

"I'm not an expert, I just have a lot of experience as a volunteer. One in four women will be sexually assaulted while they are in college, and the impact is widespread and effects everybody," said Foley.

What he found in common for a majority of the women he has talked to was that they felt guilty for not fighting back or trying to stop their attacker. They blamed themselves and felt that they were responsible for their own situation.

see FOLEY on page 2...



The Spectrum/Marc Troiani

Foley spoke out against the harms of sexual abuse on Wednesday, Oct. 3.

WWE Wrestler Speaks at SHU

CONTINUED from page 1...

Foley explained that it is not their fault and when being sexually assaulted, some women's bodies go in to what is called "Nora-adrenaline," where the body decides the best way to stay alive is to do nothing; otherwise known as "shell shock," in military terms.

"That is interesting and I never knew that. I just thought the reason some people do not fight back is because they are scared," said junior Jocelyn Alfieri. Some people find difficult to say what happened to them.

"Most people are afraid to speak up because they fear judgment, and fear the attacker will return to hurt them again," said Foley.

These are the situations people should not shy away from.

"There is misinformation everywhere, it's sad," said Foley. "This is [as] important as anything I have ever done, and I wish more people could realize how important this is because it needs to be better funded."

Mick Foley stresses the importance of his lectures because the matters he speaks about are very personal to him. Foley had a friend experience sexual harassment first hand.

"When I was twenty years old, a good friend told me she had been raped and I didn't even know what to say," said Foley.

He wanted to learn more to help her, along with thousands of other victims.

The most common factor in rape is vulnerability.

"Rape is a crime of power and most victims hope it will go away, rather than deal with it." Most people forget that this does not only affect women, but also men. "10% of all survivors are men," said Foley.

To learn more, go to www.rainn.org.

Parking Problems

CONTINUED from page 1...

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Without security cameras, Public Safety has no way of identifying the offender other than student witnesses.

"Public Safety officers conduct vigilant patrols through the parking lots and advise the SHU Community to report to Public Safety if they accidentally hit someone's vehicle," said Dennis-Manson.

Students can anonymously report what they have seen online through the Silent Witness Program. A student only needs to include where and when the incident happened, along with whatever tip.

"Public Safety can be reached by routine number 203-371-7995, for emergencies 203-371-7911, via email PublicSafety@sacredheart.edu, by activating the blue light call boxes, in person, or at the Public Safety Office located in the Main Academic Building," said Dennis-Manson.

Voting In Upcoming Election

CONTINUED from page 1...

The state of Connecticut seems to be striving to better this result not only for their younger voters, but all voting eligible citizens.

On May 5, 2012 the State Senate approved a law that would allow Connecticut residents to register online on the day of the election and still be able to cast a vote.

However this law does not go into effect until 2014.

"The political reality is that voter interest peaks in the final weeks of any given campaign and current registration requirements prevent many eligible citizens from voting," said Sen. Gayle Slossberg in an article from The Connecticut Mirror.

So what needs to be done in order to get more young voters out to the polls?

"I think at the end of the day, it needs to be you taking the initiative to vote," says Junior Craig Palmer from Watertown CT, "We might still be young but we are still in charge of making the majority of the decisions in our life."

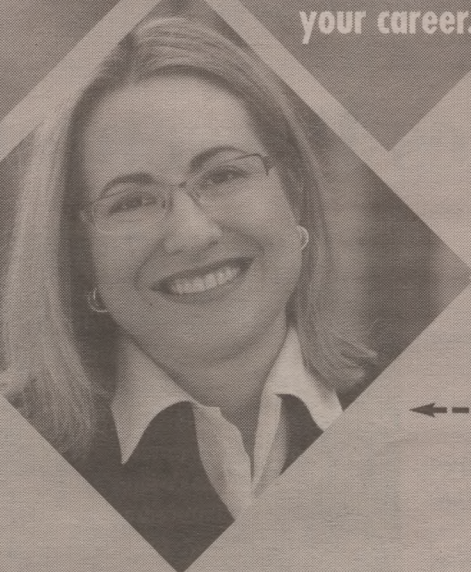
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The Spectrum/Roger Harris III

A Sacred Heart student catches up on some shut eye.

Students are sleepless at SHU

Evan Corey
Staff Reporter

When thinking about the challenges that wait for students at college, sleeping is not one that usually comes to mind. However, many people who have lived on a college campus will agree that sleep is very important and also hard to come by.

According to the Sacred Heart University Wellness Center, sleep improves memory, allows us to think clearly, helps keep immune system strong and leads to a more positive mood. They consider seven to nine hours per night to be an acceptable amount of sleep.

Countless college students do not get enough sleep on a regular basis. Freshman Joe Barbar includes himself in that category.

"I feel I only get about six hours of sleep night during the week," said Barbar.

Barbar was not always so sleep deprived. He recalls getting much more rest when he was living at home. Early classes, homework, and extracurricular activities have cut into several hours that used to be reserved for sleep.

He believes that his new sleeping arrangements are the biggest reason for his loss of sleep.

"My sleeping habits at school differ from home because there are way more distractions that come with living in a dorm," said Barbar. Living in a building of teenagers whose collective bedtime is well past midnight makes it hard to go to sleep at a reasonable hour.

Students often try to catch up on sleep with naps and downtime during the day.

"I need naps to recover from the sleep deprivation I experience throughout the week," said freshman Drew Kaufmann.

"I don't really nap during the day, but I rest for a good amount of time by watching TV or playing video games," said Barbar.

Most students who are regularly sleep-deprived simply do not get enough rest. These cases can be solved by making a conscious effort to get more sleep. However, other students can lose sleep due to sleep disorders, such as insomnia.

Insomnia is a common sleep disorder in which a person has trouble falling and/or staying asleep. People with insomnia usually suffer a decrease in the amount and quality of their sleep.

According to the Wellness Center, insomnia also has the potential to affect a student's health, performance, and quality of life.

Getting enough sleep in a campus or dorm setting can prove to be a difficult task. The Wellness Center provided suggestions for improving your sleep, such as exercising regularly, avoiding caffeine at night, and going to bed and waking up at the same time every day.

If you feel you are struggling with insomnia or another disorder that is affecting your sleep, make sure to check in at the Wellness Center located in the Park Avenue House.

He Said/She Said

What is your ideal fall weather date?

Adam
Andexler
He said



Fall is the time for warm cider, football, and, of course, the impending heated election between Obama and Romney. Politics and sports aside, fall is the perfect time to spend some quality-time with that special someone.

The excessive heat of this past summer has ceased, and the harsh cold of winter isn't too far away. This makes it the perfect time to sneak in a few last outdoor based dates.

Come winter, there will be plenty of time spent indoors at the local skate rink and nights spent with hot cocoa by the fire.

That's why my ideal fall date has to be apple picking.

Having lived in Conn. my whole life, I know that there is no shortage of orchards around the state. Right by SHU there are orchards which won't disappoint in New Haven and Guilford.

Dinner and movies are so overdone that apple picking is the perfect change of pace for a date for the fall season.

It's going to be cold, so dress warm and get ready to snuggle up next to your significant other while taking the hay ride up to the top of the hill. Fill your bags to the top and make sure you get a wide variety of apples.

Heck, if nobody is looking, you and your date may even be able to sample a few.

Of course you can't just pick the apples; you have to do something with them.

That's why part two of the ideal apple picking date has to be going back and making a fresh apple pie with your significant other.

Nothing evokes that quintessential sense of Americana like a homemade apple pie. The best part is that it's almost impossible to mess up pie. There's no need for you and you date to make things complicated.

1. Go out and grab one of those pre-made pie crusts from Stop and Shop.

2. Fill a bowl with half a cup of sugar, a quarter cup of flour, pinch of salt, and cinnamon to taste (I like a teaspoon), and then stir in two pounds of thinly sliced apples.

3. Take the mixture and lay it over the crust in the tin and then add two tablespoons of butter on top.

4. Fold over the top crust, and make few slits on the top to allow the steam to escape, and then after forty-five minutes in a 400 degree oven your homemade creation will be ready.

While you're waiting for the pie to finish baking, go out and take a walk with your partner. Enjoy the cool air, take in the changing colors, and then get ready to dig in to some fresh apple pie.

Apple picking is the perfect fall date. It's a slow easy paced activity that's a perfect way to delay the upcoming hustle and bustle of the holiday season which is sure to toss chaos into your relationship.

Amy
Nunes
She said



New England's fall season has seamlessly arrived. With the recent bite in the air favoring human interaction and the changing foliage providing a beautiful backdrop, it's hard not to get lost in fall's romance.

Between the months of Sept. and Nov. there is this absurd gravitation towards meeting the love of your life at a local apple orchard, leaping onto a hayride and venturing off towards the harvest moon.

While this all seems to be but idealistic, it is in reach. My experiences haven't been far off.

I've been on several fall dates—all perfect in some way or another. My boyfriend of four years and I can safely say that we crush the dating scene with style as well as charm.

My Mass. hometown always provided the perfect fall activities. Now, being in our respective college states of Conn. and New York, Johnny and I have found a new place to adventure: the city. People say Christmas time in the city is magical; I am a strong advocate of New York's fall atmosphere.

Although it's hard to find the classic apple picking and hayride type activities that New England offers, the city has its own unique contributions to the cause. You will get your fall fix.

First of all, to gain the full emotional and physical experience that a fall date can offer, I recommend warm beverages and fall-friendly clothing.

If you are walking in the park and admiring the scenery feel free to stop on a nearby bench, cuddle up and sip on some apple cider or pumpkin-spice flavored anything. The recommended clothing choices include cable knit sweaters, chunky scarves and layers of flannel.

To start off the day picture this. Walking across the Brooklyn Bridge on a crisp fall morning, the rising sun is burning crimson bright while you are hand in hand sipping hot apple cider. Yes, please. I'm not usually the hopeless romantic type but that's sounds pretty appealing.

Soon after, you make your way to Central Park to indulge in a picnic lunch. After spending the greater portion of the afternoon in the park by either going paddle boating or just canoodling, you start the restaurant hunt. I would try to find some pumpkin raviolis, but that's just me.

After dinner, the crisp night will lead you to the High Line. This is a public park that was built on a historic railroad line elevated above the streets of Manhattan's West Side. An escape from the hustle and bustle of the city streets is this intimate park walk. There you have it, an ideal fall date.

Above all of these activities, it would be an absolute shame not to take in fall's foliage. It's the best part. I have done everything from bike riding through the woods to driving down picturesque roads to take advantage of the Impressionist painting that is essentially Fall. The city has so much to offer it is impossible to not have your perfect fall date.

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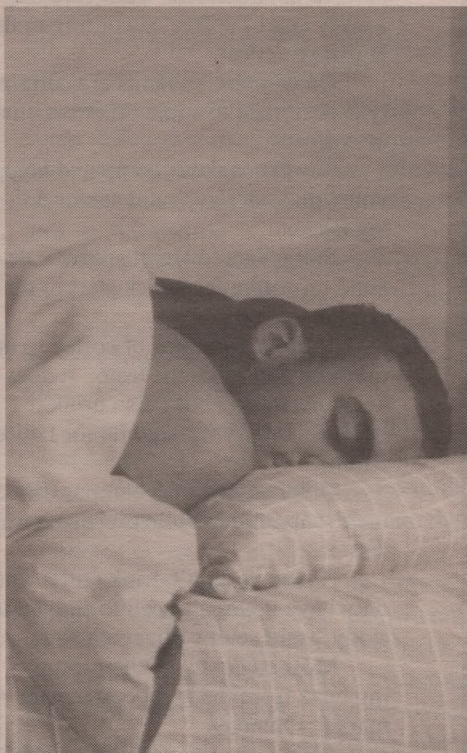
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The Spectrum/Roger Harris III

Taking a nap helps students recover from lack of sleep.

Is technology taking over the way we live our lives?

Samantha Brunetto
Staff Reporter

The last bar on your battery of your iPhone or smart phone flickers and then that's it – you watch your screen as it slowly fades to black and your phone dies.

Now what?

Do you feel uneasy? Do you want to find the nearest outlet and charge your phone, or is the thought of life without one intriguing?

According to CNN.com, 45 percent of U.S. cell phone owners said that their phone was a smart phone.

"If I didn't have a smart phone I would feel really unsafe," said junior Ashley Andreyak. "When I do have it I feel better – especially if I'm in an unfamiliar place or in an uncomfortable position."

For many Sacred Heart students, the thought of living without a smart phone is hard to imagine.

"Life would be so different without my iPhone, I literally have no idea what I would do without one," said junior Erin Herb. "I use it for my emails, to stay connected to family and friends and to set reminders, without it I would be totally lost."

According to Wallstreetjournal.com, smart phones, like the iPhone and the data plans that usually come with them are getting expensive, and consumers are looking for ways to cut back.

However, for Andreyak, the price of her iPhone and the plan is well worth it.

"Since I have the iPhone I can get the Internet, check my email, text/iMessage, make phone calls and do papers for school with the Pages application," said Andrey-

ack.

Smart phones help when it comes to school for other students like Herb.

"I think it is worth it to have a smart phone in the end because they make things so much easier nowadays; I can use my iPhone to check Blackboard for assignments or email my professors," said Herb.

According to USnews.com, technology can be useful in a classroom setting. Aria Finger, a business professor at New York University, allows the use of phones in her classroom and believes they help students engage in debates better, according to the website.

Finger believes that smart phones allow students to access research tools easily. She even calls smart phones an "immediate fast check" – helping students "become more engaged in the classroom," according to usnews.com.

A smart phone is not only useful in the school setting for students like junior Andrea Proto – it also helps her manage life outside of school.

"I do not own a camera since I have purchased the iPhone and I don't remember the last time I used my laptop aside from writing papers," said Proto. "My phone has my email, contacts, alarms, notes, and even gps – I rely on it for a lot of things throughout my day."

Some Sacred Heart students don't foresee the day they would have to live without their smart phones.

"I think I'm paying for everything it does and I don't think I'd ever give up on having a smart phone due to the cost because it does everything I could imagine," said Andreyak.

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How do you do SHU? Greek Life

Jaclyn Guiliano
Contributing Writer

Your college years are four of the best years of your life, and that's why it is very beneficial to get involved. I chose to participate in sorority recruitment my sophomore year and it was the best thing I could have done to become involved.

I am a member of Phi Sigma Sigma and I can honestly say that being part of this sorority has enhanced my experience here at SHU 110 percent.

Not only have I made some great friends, but giving back to the Sacred Heart community (and the surrounding communities as well), has made me really appreciate sisterhood and the things it teaches you.

The great thing about being in Greek Life here at Sacred Heart is that as a part of a sisterhood I get to interact with other sororities and fraternities on campus and support each other's philanthropies.

Phi Sigma Sigma's two philanthropies are the National Kidney Foundation and the Elizabeth Glaser Pediatric Aids Foundation.

My sorority holds a lot of events that support these philanthropies, one of them being the infamous Pie-a-Phi, where anyone can pay to pie us in the face.

This may sound disgusting, and yes my hair may or may not have smelled like whipped cream for days last fall semester, but it was well worth the

memories made and the money raised for a good cause.

Last year, all of the sororities and fraternities came together and held a Greek-wide philanthropy event to raise money to build a new playground for a local Bridgeport school.

All sororities on campus participated by having a "see-saw-a-thon", which meant that for 24 hours straight each Greek life organization had to have a member of their chapter see-sawing at all times.

Waking up at 4 a.m. and having to seesaw wasn't the easiest thing to do, but at the end of the day we were able to accomplish our goal and raised over \$10,000.

Greek week is one of my favorite weeks of the school year. During the spring semester, a week full of events and competitions for members of Greek life.

During the week there are events such as family feud and skit night, where each chapter puts on a performance for the rest of the Greek community.

Then, finally, there's everyone's favorite day: Greek Olympics, where every sorority and fraternity shows off their competitive side, while cheering each other on as well.

Being a sister of Phi Sigma Sigma makes me feel as though I am a part of something more than myself. What I put into it doesn't even compare to what I get out of it, and the memories I have that will last a lifetime.

New reports say coffee has potential to decrease disease

Tiffani Lynch
Staff Reporter

New studies have shown that, contrary to popular belief, drinking coffee could actually be beneficial to your health.

According to the Huffington Post.com, coffee could potentially decrease depression risk in women, lower risk of skin and prostate cancers, ward off Alzheimer's disease and Parkinson's disease, and help protect from Type 2 diabetes.

Although the debate on whether coffee has any health benefits is ongoing, it hasn't stopped more than 50 percent of Americans from enjoying a daily cup of coffee, according to the Huffington Post.

On campus, students are certainly accustomed to some other benefits of coffee.

"Coffee wakes you up and helps you with your day," said senior Ashley Blake.

Some Sacred Heart students depend on coffee for a kick start to their morning.

"I drink two cups of coffee in the morning and I like the taste. It does keep me awake, but I also drink it because I enjoy it," said junior Lauren Bruno.

Other students on campus drink their 'cup of joe' while preparing for a test.

"I usually don't drink coffee and only have it when I need to stay up to study," said senior Elizabeth Katz.

Most students get their morning buzz from the local convenient market, Outtakes.

"We sell a lot of coffee. I can't even give you a count, that's how much it is," said supervisor of Outtakes, Linda Zerella.

According to a study published on CBSnews.com, men who drink two or three cups of coffee a day are 10 percent less likely to die at any age, while chances for women were decreased by 13 percent.

Sacred Heart students drink coffee regardless of recent reports of its benefits.

"I've always believed that a certain amount of caffeine is good for you so I'm not surprised that there are legitimate benefits to drinking coffee," said senior Michelle Moller.

Despite recent news that coffee consumption is advantageous, students have reported that they won't change their habits.

"For now when I'm in college, studies won't change how much I drink coffee because I feel like I need it to excel in my academics," said Moller.

Most students are mindful of the news but say it has little impact on their decision.

"I can't get over the taste. You could give me as much research as you want, but the way I stay awake is by getting enough sleep," said sophomore Maddie Mercier said.

But, other Sacred Heart students are allured by the news of coffee improve your overall health.

"Recent studies would definitely entice me to drink more," said sophomore Emily Calabrese.

Regardless of the amount of coffee one student drinks, Sacred Heart coffee drinkers can sip their lattes knowing they are getting more benefits than an A on a midterm paper.

"Now that I heard these facts, I feel a little better about drinking coffee everyday," said Bruno.

Is it really worth it?

Andrea Coronis
News Editor



College is filled with unhealthy decisions. Drinking, smoking, no exercise, poor food choices, lack of sleep, stress, etc. Another poor choice that is highly common in college students is eating disorders. Mixing something as a serious as an eating disorder with something as dangerous as drinking is becoming a new habit in college students that can leave a long-term effect on their health. The habit is becoming so common that the media has actually given it a name: drunkorexia. A report done in The Daily Pennsylvanian at the University of Pennsylvania explained the disorder as, "bingeing or skipping meals in order to either compensate for alcohol calories consumed later at night, or to get drunk faster. . . . At its most severe, it is a combination of an eating disorder and alcohol dependency." It's sad really that students feel like in order for them to drink more and have a good time, they can't eat all day.

Yes, alcohol does have a lot of calories, but if you don't want all the extra calories, why are you drinking so much in the first place? Or why are you eating so unhealthily that you either have to throw everything up or just stop eating altogether? If you have a balanced diet and aren't vacuuming in immense amounts of food all day, I don't see the problem with also having a few drinks that night as well. Go for a run the next day or go to the gym.

The Calgary Herald said that, "they're aiming to get drunk faster, they want to save food money for booze, and they want to keep their weight down." Keep your

weight down by not stuffing your face in the Student Commons! Have a light dinner before you go out. The fact that there is no food in your system except alcohol makes it inevitable that you're going to vomit; or at least dry heave for an hour because there is literally nothing to throw up in the first place. Some close friends of mine from have dealt with eating disorders and it literally took over their life. I watched them deteriorate in front of my eyes and for what? To be a size smaller even though no one would notice because you're already thin to begin with?

Having an eating disorder is a disease and it's honestly up to the person themselves whether or not they want to stop. A friend of mine from home wound up in the hospital and then in a therapy program because of it, so I feel pretty strongly about the whole ordeal of having an eating disorder. I get it, I really do. Girls want to be thin, everyone wants to be thin. But instead of working towards it and achieving your goal weight, some people take the easy way out. The easy way out that could eventually kill you. No one ever thinks of the consequences. According to the Missouri study, the consequences of "drunkorexia" involve "short- and long-term cognitive problems, including difficulty concentrating, studying, and making decisions." Other problems revealed are "an elevated risk for violence, risky sexual behavior, alcohol poisoning, substance abuse, and chronic diseases later in life."

There's nothing anyone can really do about college students drinking. But starving yourself all day in order to drink more is just absurd and extremely unhealthy. Is it really worth it?

Falling for heart

Stephaine Feeney
Features Editor



The countdown is on. Seven months until Sacred Heart University's class of 2013 graduates. With first semester midterms almost over, seniors like myself are starting to realize that our undergrad experience here at Sacred Heart is quickly coming to a close.

Almost four years ago at freshman orientation, I heard something that has stuck with me to this day. Although at the time I had no idea what Dr. Cenera meant, his message couldn't be anymore clear to me today. His words were simple; he said, "While you're here at Sacred Heart, fall in love."

I instantly thought he meant, find someone to fall in love with. Although I have been lucky enough to have this experience, as time passed, I realized that his words held far more meaning. I now know that there are so many things that happen at Sacred Heart that could constitute falling in love.

More than anything, I have fallen in love with the Sacred Heart community. There is something beautiful about the

relationship and connection students have with this University. We are proud to be a part of its history, watch it grow, and call it home.

I've also fallen in love with a career. The field of social work is far beyond what I believed it to be before I started my undergraduate classes. These classes have given me the opportunity to touch the lives of strangers, and they have more than repaid the favor. They have shown me that nothing is impossible, no matter what circumstances you find yourself in.

Beyond everything else, I have fallen in love with the opportunities that Sacred Heart has given me, and will give me in the future. The education that I have received is an opportunity in itself. It has allowed me to be successful at jobs and internships that I honestly never believed I would have.

It has also given me the opportunity to make life-long friends who have made this experience even richer. I look forward to all of the opportunities this education will offer me in the future.

I was lucky enough to receive this message before my time at Sacred Heart began, and I believe that it will stay with me for a very long time.

Letters to the Editor

A green shoe is the emblazoned symbol across the shirts of the founding members of the Environmental Club. A greener SHU is their goal.

But how can this club possibly accomplish this goal without the backing of the university and students? The lack of green initiative on this campus demonstrates to students that SHU's environmental commitment needs work.

We are SHU. So let's get to work for a greener campus.

Everyone drinks out of plastic bottles here, so why aren't there enough recycling bins? A change and awareness is necessary. It is up to the students to take action.

Support the Environmental Club! Support a green SHU.

Meggie Pringer, junior

the SPECTRUM

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Presidential debates

Samantha Malachowski
Chief Copy Editor

During election season, presidential and vice presidential candidates participate in live debates shown nationally. Immediately after a debate, survey companies compile data from registered voter participants to independently determine the outcome.

Facets such as content, body language, and overall temperament can contribute to the general public's reaction and affect poll results. While there is no officially declared winner, the results are subjective and are meant to represent a general consensus of registered voters.

On Oct. 3, President Barack Obama and Governor Mitt Romney engaged in their first of three debates, focusing on domestic policy. According to ABC News, a survey conducted by Survey USA determined that Romney won the debate at 48 percent to 34 percent and CBSNews.com decided that Romney also won at 46 percent to 22 percent.

On Oct. 11, Vice President Joe Biden and Congressman Paul Ryan participated in their only vice presidential debate centered on foreign and domestic policy. While the first debate surveys seemed to have a definitive winner, polls for the vice presidential debate were mixed and accentuated the polarized views towards the candidates.

According to aggregator Huffingtonpost.com, a CNN survey showed Ryan to be the winner at 48 percent to 44 percent, while a CBS poll determined Biden to be the winner at 50 percent to 30 percent.

At the time of this publication, there will have been another presidential debate on Oct. 16 in the form of a town meeting where citizens asked the candidates questions concerning domestic and foreign policy. The third and final presidential debate will air Monday, Oct. 22 at 9 p.m. and will focus primarily on foreign policy.

The editorial page is an open forum. Editorials are the opinions of the individual editors and do not represent the opinions of the whole editorial board. Letters to the editor are encouraged and are due by Sunday at noon for consideration for each Wednesday's issue. All submissions are subject to editing for spelling, punctuation, and length.

Letters to the editor should not exceed 400 words and should be e-mailed to spectrum@sacred-heart.edu. The Spectrum does not assume copyright for any published material. We are not responsible for the opinions of the writers voiced in this forum.

Sacred Heart blood drive thrives



The Spectrum/Megan Pulone

Sacred Heart students participate in the annual blood drive on campus.

Taylor Lane
Asst Features Editor

The University Commons auditorium is usually filled with entertainment, lectures, events, and parties. On Oct. 2 and 3, it was occupied by the Sacred Heart University Blood Drive, sponsored by the Men and Women Rugby Teams. The room was unusually calm and quiet, filled with many students waiting to donate blood in hopes of saving a life.

The 2012 Blood Drive made giving blood a convenient and safe option for students at Sacred Heart. The Blood Drive

took place in the University Commons auditorium from 11 a.m.- 4:30 p.m. on Oct. 2 and 3. The registration table had an electronic sign in for donors with appointments but they also accepted walk-ins at any time.

Many experienced blood donors were pleased with how Sacred Heart ran this blood drive.

Freshman Juliana Mola has donated blood three times before coming to the Sacred Heart Blood Drive.

"To be honest, the Sacred Heart Blood drive was one of the most efficiently run blood drives I've been too. However, there were many points at which I and other donors were waiting to get our physical

screening and to be set up to actually donate," said Mola.

Freshman Melissa D'Agostino has donated blood four times, including her participation in this year's Sacred Heart Blood Drive. She feels strongly about the importance of giving blood.

"Donating is important because it saves lives, and if I can help people live and escape with nothing more than a band-aid, I don't think there's an excuse not to," said D'Agostino.

Mola also feels compelled to help people in need by giving blood.

"Donating blood is important because just one donation can help keep three people alive. I really couldn't believe how easy it was to greatly impact a person's life so much the first time I donated," said Mola.

To active blood donors, the cause seems simple: save lives by giving blood. The apprehension of actually getting blood drawn can keep people away from blood drives.

"I have not donated blood in the past," said junior Jennifer Wypasek.

Wypasek reflected on her fear in donating blood.

"I'm just scared of giving blood and scared of fainting since they are taking so much out," said Wypasek.

Regular donors defend the safety and low risk process of donating blood.

"It's not that bad at all, even if you don't like blood, they keep it out of sight for the most part. There's no harm in drinking a few extra glasses of water and eating some iron filled meals and at least attempting to donate," said D'Agostino.

Mola advocated for the amazing feeling she gets after she donates blood.

"I always have to put myself in the shoes of the person who is to receive the donation. If I was that individual I would hope that I could count on the generosity of others for the betterment of my life," said Mola.

There were emails sent out and flyers around campus, but some students believe there could have been more participation if there was more advertising.

"I think more information should have been provided about how much donations help because that could have attracted more students, especially those who never donated," said Mola.

The event was convenient because students could choose between two days of participation and walk-ins were welcome. According to a Red Cross coordinator, there will be another blood drive in February.

New school website launches

Mario Miranda
Staff Reporter

Did you know Sacred Heart University recently launched a renovation of the school's webpage? On Oct. 4, the University unveiled its new web page design to the public.

The university kept quiet about it until the launch. They sent out one email on the morning of the launch to notify the student body and faculty. Some students did not know about the change.

"There's a new web page? I have yet to even come across being that I really only utilize blackboard to keep up on my assignments," said sophomore Adam Cron.

Cron represents a minority of the student body, as the change has caused quite the buzz around campus despite the minimal notification prior to the launch.

One of the major and most popular changes made was the addition of more of an innovative look. Blue was instituted to the color scheme in order to compliment the Sacred Heart red. Many students did not agree with the color scheme.

"I don't understand why blue was chosen," he said. "since when is that a Sacred Heart color?" said sophomore Alex Miccoli.

Senior Giselle Dowden was among the students who liked the new color scheme.

"I like the overall new look. It reminds me almost of a political campaign website, it gives the page a nice touch."

One of the major concerns from the student body was the removal of the quick links

section that was featured on the old website.

"It's hard to find everything being that I was so used to the old website, I need to get use to navigating on this new page," said Dowden.

Ashley Momplaisir, Sacred Heart senior, wished that the school had provided some kind of tutorial to help students adapt into the new website.

"Maybe a tutorial would have helped because right now it's just hard for me personally to find everything," Momplaisir said.

She also had a problem with the timing that the university decided to make the change.

"They should have released the new page at the beginning of a semester, opposed to right in the middle. This could cause confusion for students that have assignments due but couldn't find the right links because of the change," Momplaisir said.

Media Studies Professor Joe Alicastro, had a different outlook on the new web page than some of the students.

"Overall I like the new design, I find it pretty easy to navigate on as well," said Alicastro.

Contrary to many student opinions, Alicastro took favor with the addition of the blue.

"I like how the blue was added as a complimentary color, it gives the page a cool new look," said Alicastro.

Some other additions to the page include an interactive virtual tour that gives prospective students an inside look at the Sacred Heart campus. An interactive map was added to the page to help aid new students still familiarizing themselves with campus. Photography and videos were added to the page as well.

The new page has received many different opinions from everyone on campus. If there's one thing that most can agree on, it's a refreshing change that may take some getting used to.



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Pass the salsa por favor

Recently renovated Señor Salsa’s proves to be an exciting dining experience

Justin Britton
Contributing Writer

Located at 580 Post Rd, Fairfield, Conn. right near the Circle Diner, is the newly renovated Señor Salsa restaurant. Open daily 11:30am to 9:30pm, Señor Salsa provides customers with fresh Mexican food and an enticing and casual atmosphere.

The menu is loaded with options. Everything from burritos, to taco salads, to quesadillas. Also featured is a salsa bar with a variety of different heat and spice levels.

Formerly known as “La Salsa,” Señor Salsa’s renovations are proving to make it a popular Mexican joint. They are now giving customers the option of a sit down meal or take out.

With the installation of ten new dining tables, Señor Salsa sets its self apart from typical Mexican fast food places such as Taco Bell or Moes, because it has both fast service and provides a restaurant-type atmosphere.

The restaurant is small and can give customers a “hole in the wall” impression however, the staff, traditional Spanish music, and decor enhances the ambiance of the place as a whole.

As mentioned before, the menu is extensive and inexpensive. Señor Salsa is known for their burritos, which can be stuffed with a number of different meats and sauces.

They also feature combination meals with your choice of burritos, taquitos, tacos, and quesadillas, and a drink for under \$10.

For the health conscious, taco salads are prepared with generous portions of fresh vegetables and your choice of meat. Señor Salsa also caters to those with special dietary restrictions like vegetarians, and offer all meals as meatless.

One of the most popular menu items is the, “El Champion” burrito, which may be the most filling food choice customers make. This burrito is filled with either steak or chicken and a pound of fillings including: rice, refrained beans, lettuce, salsa, guacamole, cheese, and sour cream.

A downfall to an in-house dining visit to Señor Salsa’s is the limited number of tables that they offer for diners. If you end up there at a busy time, you may be waiting a while to acquire a table.

The casual atmosphere may also not be right for some diners who are looking for more formal places to eat.

For those looking for quality food made with fresh ingredients, quick service, and a quaint location, Señor Salsa is a valuable option.

Next time you’re feeling like you need to go south of the border, but can’t make the trip, stop in at Señor Salsa and give it a try.



Photo Courtesy of Justin Birtton

The salsa bar selection at the newly renovated Senor Salsa.



The Spectrum/Sean Elliott

Garry O’Meara (top) and Manus McGuire (bottom) perform songs from their award winning album, Green Grass Blue Grass. The Brock McGuire Band concluded their tour at Sacred Heart University.

Traditional Irish Music Series

Sean Elliott
Photo Editor

Music is deeply rooted in every culture and community. The music from classic Ireland is no exception and the Brock McGuire Band brought it to the forefront at their performance at Sacred Heart University. The quartet performed a variety of songs from their newest album, Green Grass Blue Grass on Sunday, Oct. 14 in the Schine Auditorium.

Tom Ward’s Downfall, French Canadian Reels and Johnny Will You Marry Me are some of the many songs they performed on campus. Their music is a blend of traditional Irish melody with French-Canadian, bluegrass, and other Celtic influences.

The Irish American News recently named the Brock McGuire Band, “The Traditional Irish Band of the Decade.” The major focus of the band is to create and continue the influence of the Irish tradition with their audience and connect the audience to their music.

“I really like the cultural music and this band is great,” said freshman Mary Awad, one of the few students to attend the performance.

Along with their praise from the Irish American News, collectively the band has won more All-Ireland awards than seats in the auditorium, a great comparison made by the director of The Shamrock Traditional Irish Music Society.

Founders, Paul Brock, button accordionist, and fiddler, Manus McGuire, lead the Brock McGuire Band’s four award-deco

rated members. They are joined in performance by Garry O’Meara, banjo, mandolin player, and vocalist, and Denis Carey, pianist.

The band was invited to Sacred Heart by Dr. Gerald Reid, director of the Center for Irish Cultural Studies, and The Shamrock Traditional Irish Music Society, based in Fairfield.

“It’s an opportunity for students interested in music, the arts and Irish studies to see and hear some of the very best musicians in traditional Irish music,” said Dr. Reid.

This was the band’s final stop on their tour before heading home to Ireland. Conveniently, Sacred Heart offers a course on Traditional Irish Music, which has become increasingly popular from the start of the program. The course and the performances are great opportunities for immersion into the proud Irish culture.

“It’s also an opportunity for Sacred Heart to become a leader in the field of Irish studies,” said Dr. Reid.

Many students enjoy taking the course. “It’s something both different and challenging,” said sophomore Thomas Bovino, who is currently taking the course. “You get to learn about Irish history while learning to play a tin whistle.”

This was one of the many performances during the on-going Traditional Irish Music series at Sacred Heart.

The next event will feature singer and songwriter Robbie O’Connell performing his “Songs of the Irish Experience” on Wednesday, October 17th at 7:30pm in the Schine Auditorium.

The Pulse starts to make an impact

The media studies club plans on making this year its best yet



The Spectrum/ Johanna Ovsenek

The Pulse uses videos on YouTube to get news campus out to students.

Kathryn Lindsay
Staff Reporter

For sophomore Keaton Mangi, watching the news and keeping informed is something that he prides himself on. But when it comes to news on campus, he feels like he is somewhat in the dark.

"I do try and keep myself informed with the news from time to time, not as often as I would like to, though," said Mangi.

When asked about The Pulse, a media studies club reporting on campus news, Mangi had never heard of such a

thing before.

Surprising, don't you think, that a student such as Mangi who prides himself on keeping informed, doesn't even know of the news channel on campus?

However, the same could be said about most of the student body here at Sacred Heart University. Many other students had no idea of the club's existence either.

"No, I've never heard of it," said freshman Johnny Cail, who is a media studies major, which shows how little The Pulse has reached out to the Sacred Heart community.

The Pulse, according to its Facebook page, is a student run production that

showcases university and local community stories through videos.

The club has two co-producers, a line executive producer, and quite a few media studies majors interested in working with the video and news mediums.

Senior Jason Trueblood, a recent member of the club, said he joined because it is really what he enjoys doing and he wants to end up in this area career-wise.

Though the club has been around for more than its fair share of years, this year, it is beginning to spread its roots throughout the campus much more than before.

Luckily for junior Mare McGoorty, one of the co-producers for The Pulse, the idea of reaching a wider audience is something that will be attainable in the next few weeks. According to McGoorty, The Pulse is going to be placing a new monitor in the Linda McMahon Commons with all new and recent footage.

"I think the monitors are awesome because it's really allowing students who make these videos and clips to show off their work to their friends and other students," said McGoorty.

This is something Trueblood has truly been looking forward to since joining the club.

"I feel that it makes our work more legitimate and it's great to be able to show our work to our fellow students."

said Trueblood. "In the end we film these stories for the them."

Students in the club tend to focus their stories on off-campus news, sports, profiles, and charity work, etc. There is also a section of video blogs for students to share their opinions on any matter they wish.

Junior Julianne O'Hara, who is also part of the new Pulse team, shares her enthusiasm about the thought of more students being exposed to her work.

"It's cool that our projects will be up in the new building! That way our hard work on these stories really pays off," said O'Hara.

Exposure to these on-campus stories is really what the new monitors are trying to accomplish. For students like freshman Carly Augustus-Kokoni, it is a very interesting concept.

"I think a news channel about Sacred Heart would be cool to watch," said Augustus-Kokoni. Most Sacred Heart students would agree that seeing friends in a news story is something for the student body to look forward to.

As a producer, McGoorty is looking forward to all the steps that The Pulse is taking to move forward, and make a name for itself on Sacred Heart's campus.

"I want people to be like, 'oh my god, a new pulse story is coming out today,'" said McGoorty.

BOOK WORM

WITH LAURA

Laura Hardt
Assistant Editor

Bernadette has issues. Increasingly anxious and antisocial, she has walled off herself in an abandoned girl's school in Seattle with her brilliant but sickly daughter and career-oriented husband.

After continuing for months on this downward spiral, Bernadette simply disappears, abandoning the life she has come to despise.

The premise of the book *Where'd You Go Bernadette?* sounds like a story of tragedy.

However, in author Maria Semple's hands, the tale is by turns a charming and scathing satire of the politically correct, organically-grown culture that sprang up and took root in contemporary society.

In any other story, Bernadette would be seen as horrifyingly psychotic – but her neurosis is played for laughs, seeming perfectly reasonable in the face of her truly insane "green" neighbors.

The characters are all fully (and wonderfully) developed, especially those that exist on the

margins of the narrative. In fact, these side characters are often the ones that steal the show, begging the most attention in their ridiculousness and outright parody.

The novel is composed largely of fragments – emails, letters, portions of essays and journal entries.

Though it may seem likely that this set up is guaranteed to cause confusion, Semple effortlessly weaves this collection of documents together to craft a complete story, one that is deeply revealing about the tenants that we have come to respect and admire in the modern world.

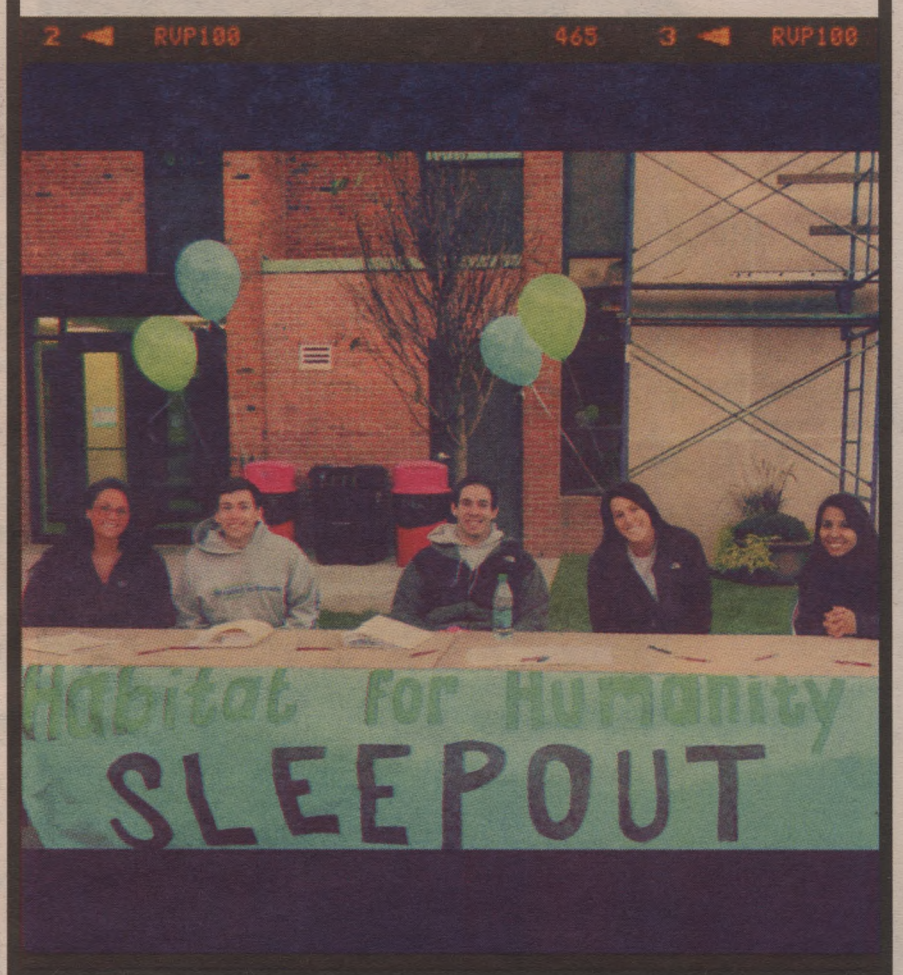
The novel's only flaw is in its immediacy: Semple writes for the present. Many of the topics she covers and references she makes only apply to today's world.

One is tempted to question whether this book will retain popularity and relevance in a few years, as it is so contemporary.

But this is a minor complaint, these drops of pop culture only add to the book's charm. For now, "Bernadette" is a rather fun, satisfying read.



Instagram Photo of the Week



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Comedy and reality television remains on top!

Students love television that allows them to relieve some stress



AP Photo

Hosted by Carson Daly, *The X-Factor* is becoming one of fall's most watched shows.

Katie Harrison
Staff Reporter

Hysterical, unique and quirky are the adjectives sophomore Alissa Kneeland used to describe the feel good, down to Earth comedy, "Modern Family."

Starring Ed O'Neill, the show has seemed to grab most of America's attention and the attention of students

at Sacred Heart University.

First airing on ABC in 2009, it features character Jay Pritchett, along with his second wife, stepson, his two children, their families, and their outrageously hilarious get-togethers and family issues.

This type of TV show is also known as a 'mockumentary,' where events are presented almost as a documentary and characters are able to talk directly to the camera.

"I like 'Modern Family' because it relieves the stress," said Kneeland. "It keeps me laughing the entire time."

Along with the humor, "Modern Family" also focuses on important issues that most families face, such as teenagers going off to college, having children, and gay marriages.

Another show that seems to attract the attention of students is "Once Upon A Time," a fantasy drama on ABC which takes place in the fictional town of Storybrooke, Maine.

The residents of Storybrooke are characters from various fairy tales and due to a curse put upon them and cannot remember their past, and the main character in the show is out to break this curse.

Although some students seem to watch more fictional shows, there are others that like to focus their attention on reality TV.

"The Voice" is a reality singing show that premiered on the NBC television network back in April 2011.

The show consists of three parts: the blind audition in front of the judges, the battle stage, and the live performances. The judges consist of Adam Levine, Christina Aguilera, Blake Shelton and Cee-Lo Green.

The judges backs are turned to the performer during the blind auditions and they are able to press a button that turns their chairs around and let us know that the judges are interested in them.

"It definitely gets my mind off of freshman year stress," said freshman Kristi Burgwin.

After the blind auditions, the performers who are chosen by the judges are put into groups and battle against each other for the remaining spots. During the final phase of the show, the performers compete against each other on live television for the public's vote.

Sacred Heart students also love a similar show, "The X Factor," created by Simon Cowell, that is searching to find the next solo or group singers.

"I like to listen to new voices," said sophomore Liz L'Esperance. "It's nice to hear different voices instead of the same old popular artists that we listen to."

It's safe to say that the Sacred Heart community has different tastes in TV shows.

Whether you're into musical shows, such as "The Voice" or "The X Factor," or comedy like "Modern Family," or even fantasy like "Once Upon A Time," you're bound to find someone with the same interest.



AP Photo

SANELA GETS REEL TIM BURTON'S FRANKENWEENIE

Sanela Kazic
Staff Reporter

Remember your first pet? Whether it was a dog or a fish, it was probably your best friend. But sadly, when it died, we were forced to let him go to animal heaven.

In the new Disney movie, "Frankenweenie," the main character, Victor Frankenstein, refuses to do so.

A 1984 short film remake from the famous producer and director, Tim Burton, is a story about an outsider, Victor, and his best friend, a dog named Sparky.

Frankenstein doesn't have any friends and is isolated in his attic conducting science experiments and making movies with Sparky. His father encourages him to play baseball and sports, instead of science.

At his baseball game, Victor hits a home run, and predictably Sparky runs after the ball and is killed by a car. Victor becomes depressed and wishes there was a way to bring Sparky back.

After being inspired by a science experiment in class, he digs up Sparky and sews bolts into his neck. He turns him into a literal "Frankenweenie," and harnesses the

lightening power. Sparky is alive, again!

Victor is aware that he has to keep this a secret and spends the rest of the movie hiding Frankenweenie from his conventional parents as well as the entire town.

The main message of the movie is that being different is okay and having interests that don't include sports, such as film making and science, can get you far. Just take a look at Tim Burton.

The movie is a detailed black and white feature that grabs the audience's attention. It has a similar visual style of "The Nightmare before Christmas" which showcases Burton's dark imagination.

However, in its opening weekend, "Frankenweenie" was only fifth in the box office earning a disappointing \$11.5 million in sales and according to IMDB.com, the estimated budget was \$39,000,000.

I expected more from a Tim Burton's feature "Frankenweenie" is a letdown and does not compare to the Edward Scissor Hands or The Nightmare before Christmas. I think it is geared toward a younger audience around seven to 12 years-old rather than adults seeking to be entertained.

OH, THE SCANDAL!

What SHU students think about recent celeb news

JENNIFER ANISTON GETS ENGAGED!

"She got engaged? Well, whoever she's engaged to is a lucky man!"
-Nick Soubry, Senior

"Honestly didn't know that but good for her, I guess!"
-Jenn Robillard, Sophomore

MILA KUNIS & ASHTON KUTCHER DATING!

"I love it, they're both my favorite people in that 70's show!"
-Jamie Barmakian, Junior

"I think it's sweet, Ashton is the man!"
-Doug Maclean, Senior

MILEY CYRUS ON TWO & A HALF MEN!

"I think she's trying to get out of being a Disney star."
-Will LeClerc, Junior

"I think it's directed for an older crowd, she's from Disney."
-Brigid Kiernan, Senior

JAY-Z RIDES SUBWAY TO NYC CONCERT!

"I feel like it's a really good idea for him to do that."
-Chelsea Dazzi, Junior

"I think it was really cool, he's bonding with his fans!"
-Jenille McIntosh, Sophomore

Women's Soccer

The women's soccer team went 2-1-1 in four NEC matches over the past two weeks, improving to 6-8-1 overall and 3-3-1 in the NEC. On Oct. 5, on the road, the Pioneers beat Monmouth 2-1. Sophomores Jillian Picinich and Kristin Verrette scored for Sacred Heart. The Pioneers traveled to Mount St. Mary's on Oct. 7, playing to a 0-0, double overtime stalemate. Sacred Heart senior goalkeeper Sydney Judkins had three saves, turning her second shutout of the season. On Friday, the Pioneers returned home to defeat the Bryant Bulldogs, 2-1. Freshman Dana Cosmedy led Sacred Heart to victory by scoring both goals. On Sunday, the Pioneers lost at home to LIU Brooklyn, 2-1. They return to action on Friday at Quinnipiac and home against Robert Morris on Sunday.

Field Hockey

The field hockey team extended their losing streak to six with three more losses. On Oct. 7, the Pioneers were blanked, 2-0, by Quinnipiac, despite outshooting them 14-10. They were shutout again on Friday in a 1-0 double-overtime loss to Rider. On Sunday, Sacred Heart scored two goals but it was not enough to overcome Monmouth, falling 4-2. Seniors Lindsay Kasten and Karly Duven notched the scores for the Pioneers, who return to action Friday at Saint Francis (Pa.) and Sunday at Robert Morris.

Greenbacker is back as captain

Kathryn Shepard
Staff Reporter

Some people are born leaders and some are born followers. For r-senior Nick Greenbacker, leadership is something that he doesn't take lightly, which is why he was named the captain of the Sacred Heart University men's basketball team for the second consecutive season after a vote by teammates and coaches.

"I am proud to be named captain for the second year in a row," said Greenbacker. "Apparently, they thought I did a decent job last year to get the votes again this year." Head coach Dave Bike might say that "decent" is an understatement.

"Nick was an easy choice to be named captain again," said Bike. "Given his track record and how you can always count on Nick, whether he is starting games or coming off the bench, he always gives you everything he has."

Greenbacker's teammates echo their head coach's sentiments.

"Nick being a captain is a very good thing," said junior Evan Kelley. "He deserves it for his hard work on and off the court. He's a good leader for us."

Greenbacker, who played in all 32 games last season, averaged 3.3 points per game and 2.2 rebounds per game. He had a breakout season shooting from behind the arc, draining a staggering 35.6-percent of his three-point attempts.

Ultimately, however, it may be the off the court accomplishments that stand out for Greenbacker.

Graduating in just three years with a degree in Business Administration and now pursuing his MBA at Sacred Heart, Greenbacker has shined in the academic setting. He is a two-time NABC Honors Court selection, an award presented to juniors and seniors with a cumulative GPA of 3.2 or higher. He is a Northeast Conference Academic Honor Roll recipient as well as a Northeast Conference Commissioner's Honor Roll recipient. Greenbacker also graduated with the highest grade point average for any men's basketball player in the 34-year Bike era.

"Nick exemplifies the term student-athlete and is something we strive for everyone on the team to do," said Bike. "He always puts maximum effort into everything, allowing him to be so successful."

In addition to excelling on the court and in the classroom, Greenbacker is a key figure in the community. As the coordinator for the men's basketball team's community service and an active member of Student Athlete Advisory Committee (SAAC), Greenbacker enjoys being involved.

"I think, as a student-athlete, we have a lot of influence on young kids," said Greenbacker. "I think it's made us all see the value in helping others."

Although being a captain carries a lot of responsibility, Greenbacker is up to the challenge.

"I just want to lead by example, be a good teammate, and be a good role model, especially for the younger guys," Greenbacker said.

The Pioneers enter the season with five underclassmen who are eager and ready to listen to Greenbacker.

"Nick sets a good example on and off the court and is a really good teammate for us to learn from," said sophomore Phil Gaetano.

As the 2012-2013 season quickly approaches, Greenbacker is also hopeful that this year will bring a different outcome than last season's eighth place finish.

"I think we've had a great offseason and every player has gotten better," said Greenbacker. "The league returns a lot of talent, so we will have to continue to improve throughout the year. We've only won one playoff game since I've been here and have not been able to accomplish the goals we've set out to. Hopefully, that changes this year."

The Sacred Heart men's basketball team opens the season against the Yale Bulldogs on Nov. 10 in Hartford. The Pioneers home opener will be Nov. 25 against Lehigh University.



R-senior Nick Greenbacker goes for a lay up against Wagner last season.

The Spectrum/Sean Elliott

Pioneers return home with a victory

Alana Miller
Assistant Sports Editor

The Sacred Heart University men's soccer team went 1-2 in their last three games, each one a Northeast Conference battle. The Pioneers are now 6-6 overall and 2-3 in the NEC.

On Oct. 5, Sacred Heart suffered a disappointing 1-0 loss at Quinnipiac University.

"I think some of the issues that resulted in the loss were our lack of desire to score," said junior forward Ronaldo Vieira. "We need to be confident, take more shots and test our opponents - which we haven't done much in the past few games."

Quinnipiac Bobcat junior midfielder, Tim Quigley, scored the only goal of the game early in the 17th minute.

Although the Pioneers lost, the stats showed they worked hard.

Sacred Heart outshot the Bobcats 12-4, as Quinnipiac sophomore goalkeeper Borja Angoitia turned aside all six shots on goal.

"We were just lacking concentration," said Pioneer senior defenseman Simon Harrsen, "on the defensive and offensive end."

On Friday, Sacred Heart again fell 1-0, this time at Fairleigh Dickinson.

Fairleigh Dickinson freshman midfielder Yusuf Hamza scored the only goal of the game in the 29th minute. The Knights outshot the Pioneers, 21-3, with nine shots on goal. Sacred Heart freshman goalkeeper Tucker Hackett made eight saves, the most of his young collegiate career.

"We lost both games by one goal," said Harrsen. "I think we could have won both of them, so we are all very disappointed about these two results."

After three straight losses, Pioneer morale was low.

"The confidence goes down," said Vieira, "but times like these are when good teams rise to the challenge and turn it around. We need to get the win. It doesn't matter if we play ugly or beautiful football, today we must win."

That win came on Sunday with a 2-1 home victory over LIU Brooklyn.

The LIU Brooklyn Blackbirds scored the first goal of the match at 2:19 when sophomore forward David Nuernberg netted the goal after a cross from freshman midfielder Robert Soto.

In the 32nd minute of the game, Vieira scored a goal off a rebound from freshman midfielder Mahmoud Kafel, tying the score 1-1. Four minutes later, senior defenseman Marcello Castro drove a bomb into the back of the net off a free kick from 25 yards out, giving the Pioneers a 2-1 halftime lead.

Multiple shots were taken by Castro during the second half, but Blackbird senior goalkeeper Nathan Stockie saved them all. In the 88th minute, Hackett made the game-winning save and secured a Sacred Heart victory.

"We don't have time to dwell on [the previous NEC losses]," said Vieira. "We have to move forward and think about staying on the winning track."

The Pioneers welcome NEC foe Bryant to Campus Field on Friday at 6 p.m. and continue conference play when they travel to Central Connecticut State on Sunday.

Cross-Country

The men and women's cross-country team competed in the 100th Annual New England Championship in Westfield, Mass. on Oct. 7 and the Princeton University Invitational on Saturday. Senior Chris Connelly broke the Sacred Heart 8K record and placed 25th in the New England Championship. Freshman Sean Ferguson broke the freshman record for the 8K. The women's team finished fourth overall. In the Princeton Invitational, senior Alyssa Selquist and junior Brianna Castrogivanni were the top-runners for the Sacred Heart women's team, both finishing in the top-10 and helping the Pioneers come in fifth. The men's team placed 17th in the race. Sacred Heart's next race is their final run before the Northeast Conference Championship. The teams are participating in the 9th Annual CCSU Mini-Meet on Friday at Stanley Quarter Park in New Britain, Conn.

Tennis

The men's tennis team participated in the Quinnipiac Invitational at Quinnipiac University over the Columbus Day weekend. Eight other teams competed against the Pioneers in the event, including Bryant University and Quinnipiac University, which are our NEC rivals. The doubles team of sophomore Justin Pagan and junior Kevin Budrawich won the "B" doubles flight, beating four other teams. Freshman Matt Dean led the singles action, winning two matches in the "D" singles flight. Senior John Lopresti also had two victories in the "C" singles flight. The Pioneers return to the court on Thursday at the ITA East Regional Championship at Yale University.

The women's tennis team finished third in the eight team field at the New England Championships at Providence College on Saturday and Sunday. Freshman Katie DeRienzo won the No. 4 singles flight. The Pioneers are off until Jan. 26 at NJIT.

Strong performance despite weekend split

Amanda Sialiano
Assistant Sports Editor

As Sacred Heart students were heading home for Columbus Day weekend, the Sacred Heart women's volleyball team was busy with Northeast Conference play.

On Oct. 3, the Pioneers lost their first match of the month, 3-1, at home to Central Connecticut State University.

Seniors Johanna Ovsenek and Elise Sage led the team with 14 kills each for the match. Freshman Karly Shockey also reached double digits, contributing 11 kills in the match.

The Pioneers and the Blue Devils exchanged the lead several times in the first set, tying the game 12 times. Although Sacred Heart had a bit of an edge at the end of the game, leading 18-15, the Blue Devils had a four-point run at 20 and took the set 25-21.

Trailing the whole second set, the Pioneers failed to ignite a spark and fell 25-18.

"We let the other team determine the pace that we played at," said Shockey. "We did give them a lot of their points, but that means we know that we created all the action."

The third set turned things around for Sacred Heart, as both teams battled back and forth to claim the lead. With the Pioneers leading 13-12, the team was able to obtain four-straight points, reaching a 17-13 advantage. This momentum is what the Pioneers needed, and they claimed the set, 25-18.

"The break between sets is always a good time for the team to recoup," said assistant coach Kimmee Roleder. "It allows them to set aside the first two sets and focus just on the third. Having the mentality that the match wasn't over, that it was actually just beginning, I believe, helped the team come out strong. Alisa [Mesa] made some great setting choices in that set and gave all our hitters an opportunity to get good swings. That was huge for us."

In the fourth set, the Pioneers got off to a rough start, as the Blue Devils took a five-point lead early on. Sacred Heart fought back to tie the score at 18, 22, and 23. Despite their efforts, Sacred Heart fell to CCSU 25-23 due to a service and a hitting error.

"We all agreed that if we had taken care of business in the first two sets, like we did the third set, there would never have been a fourth set to lose," said Shockey.

On Oct. 6, the Pioneers were able to turn things around and win three consecutive sets against in-state rival Quinnipiac, taking the match 3-0.

"[The game against Quinnipiac] was one of the first times that our team was accountable for not only ourselves as individuals trying to do our job, but for each other," said Shockey. "We worked on communicating and that worked in our favor."

Leading the team, hitting double digits, was Shockey with 10 kills in the match. Ovsenek and Sage contributed 7 kills each in the match.

Throughout the first set, the score remained close between the two teams, but Sacred Heart was able to stay in the lead. With both teams tied at 24, Quinnipiac grabbed a one-point lead on Tanner Celestin's kill. Sacred Heart responded with kills from freshman Natalie

Kridel and Sage and strong serves by junior Dianis Mercado. The Pioneers claimed the set 27-25.

The Pioneers dominated the second set, obtaining a nine-point lead at 13-4. The Bobcats failed to surpass Sacred Heart, and the Pioneers took the set 25-18.

Sacred Heart continued the momentum in the final frame. A service error by the Bobcats allowed the Pioneers to claim the set, 25-15, and the match, 3-0.

"Overall, not backing down when the other side made a good play or got a good swing is what helped them push to win in three," said Roleder.

On Oct. 13, the Pioneers returned to action, defeating Robert Morris, 3-2.

The Pioneers recorded 74 total kills in the victory.

Sophomore Alisa Mesa reached a career-high of 61 assists in the hard fought win.

The Pioneers began the first set trailing the Colonials, but were able to tie the score at 16, 18, 19, and 20. Attack errors on Sacred Heart's part allowed Robert Morris to snag the first set, 25-21.

The tables were turned in the second set, with the Pioneers seizing the lead. Robert Morris fought back with a four-point service run, tying the score at 18. The score was later tied at 23, but Robert Morris delivered kills and strong blocks, allowing them to take the set, 25-23.

"We are working hard on executing during points 20-25," said head coach Rob Machan. "We often play too safe during the final points of the match and give point-scoring opportunities away."

With the match 2-0 in Robert Morris' favor, the Pioneers knew that they had to turn things around in the third set if they wanted to claim the win.

Within the first 12 points of the third match, the lead changed a total of five times. Leading in the third set was Sage, with six kills. Shockey and Ovsenek also contributed to the Pioneers offensively, with three and four kills, respectively. All three players did not commit a single error in the set. With the score tied at 18, the Pioneers fought to win the set, 25-20.

In the fourth set, the heat was on and the score was tied 17 times, with 11 lead changes. Both teams were able to gain points on each other's hitting errors, keeping the score close for the entire set. The Colonials reached game point at 24, but the Pioneers immediately responded with a kill by Kridel. The set ended in a victory for Sacred Heart, 29-27.

With the match tied at two, both teams were determined to pull out the victory. The score in the beginning of the set remained close, seeing the Pioneers lead, 8-7. Committing four consecutive errors, Sacred Heart's lead diminished and they trailed 13-9. Shockey came through with a much-needed kill and senior Megan Pulone delivered a five-point service streak, inducing two consecutive Robert Morris errors, and handing Sacred Heart a 15-13 set victory and a 3-2 match victory.

"We did a better job in sets 3 through 5 of executing late in the games," said Machan. "Freshmen Allison Riggs and Karly Shockey were especially strong in the match along with senior Megan Pulone. Her serving in

set 5 brought us back for the win."

The following day, the Pioneers played a competitive match against Saint Francis (Pa.), but lost in five sets, 3-2.

Leading the Pioneers were Sage with 15 kills, freshman Allison Riggs with 12 kills, and Shockey with 10 kills in the match.

Sacred Heart held a consistent lead in the first set, but the Red Flash battled hard and tied the set at 18. The Pioneers battled back with kills from Ovsenek and completed the set with a service ace by Mesa, winning 25-22.

The Pioneers and the Red Flash butted heads in the second set, tying the score 14 times. With the score tied at 25, a kill from the Red Flash's Amanda Zahumensky forced Sacred Heart to take a timeout. Following the time out, Saint Francis committed a service error, tying the score at 26. The Red Flash turned on the heat and delivered two consecutive kills to win the set 28-26.

"St. Francis (Pa.) was a good team, without a doubt. They were jumping and hitting, serving tough, and definitely had a killer mentality," said Roleder. "I think we came out with the same drive, but lacked a little control on our side and gave up opportunities to take leads or score points."

The third set went in favor of the Pioneers, 25-22. The fourth set followed the same pattern and was a competitive fight to the finish, with Saint Francis claiming their second set, 25-22.

Going into the fifth and final set, the Pioneers and the Red Flash were deadlocked at 2-2 for the match. The Red Flash took a significant lead in the set at 13-7. Mesa responded by delivering three-straight service aces in the set, which shortened the Sacred Heart deficit at 13-11. The Pioneers were only able to gain one more point in the set, for the Red Flash killed the ball twice to claim the win, 15-12, and the match, 3-2.

"Right now, we are not worrying too much about hitting or serving errors. We want the team to be aggressive," said Roleder. "We want them to go after every play with intensity and intent to create the action. For us, creating action means a few more errors, but in the long run, more points scored."

Sacred Heart is currently 4-4 in the NEC Conference and 6-16 overall for the season.

"It's a mental game and we are working on having all six players be mentally plugged in on the court all the time," said Roleder.

The Pioneers are back in action tomorrow at Central Connecticut State at 7 p.m. They return home to face LIU Brooklyn on Saturday at 5 p.m. and take on St. Francis (N.Y.) on Sunday at 1 p.m. on Campus Field.

"We're working on transferring our play in practice to our play in the game. And that also goes along with our confidence," said Shockey. "Our coach has faith in us and we know we are capable of being great."

Pioneers Recover

Run Over Dartmouth After Wagner Loss

Dan Otzel
Sports Editor

After beginning their 2012 campaign 0-3, the Sacred Heart University football team seems to have righted the ship, winning two out of their last three.

Following three-straight road losses to open the season, the Sacred Heart Pioneers returned to Fairfield with a Homecoming dismantlement of Central Connecticut State University, but were foiled on Campus Field by Wagner College the next week. However, Sacred Heart bounced back by recording their first road victory of the year when they defeated Dartmouth College on Saturday.

Tucked away in the corner of the Sacred Heart University campus on the rainy Saturday afternoon of Oct. 6, in front of 1,281 at Campus Field, the Pioneers were suffocated by the Wagner Seahawks, falling 12-3.

Wagner (3-3, 3-1 Northeast Conference), currently second in the NEC standings, held Sacred Heart to a season-low 214 yards of total offense, allowing only 67 yards through the air on 8-20 passing from Pioneer r-junior quarterback Tim Little, who sat out the previous game due to illness. Offensively, the Seahawks ran all over Sacred Heart, amassing 206 yards on the ground, 122 of which coming from junior running back Dominique Williams.

Williams started the scoring midway through the first quarter when he busted an 81-yard touchdown run down the left sideline, beating the Pioneer defenders.

"We weren't set on defense," said Sacred Heart head coach Mark Nofri, "we weren't ready to play. The kids weren't aligned properly and, basically, they got a

cheap one on us."

Pioneer r-senior defensive lineman Tyler Foehr, who added two sacks, blocked the extra point — holding the Wagner lead at 6-0.

Williams struck again in the second quarter, this time with a two-yard touchdown run on a fourth-and-goal attempt. The extra point was missed, but the Seahawks had all they would need with a 12-0 halftime advantage.

Sacred Heart got on the board on the first possession of the third quarter. After a 90-yard drive stalled out at the Wagner three, r-sophomore kicker Chris Rogers nailed a 20-yard field goal, cutting the deficit to 12-3. That would be all the offense the Pioneers could muster, though, as Wagner controlled the ball for over 35 minutes of the game, aided by a 56-percent (10-18) third down conversion rate.

"The plan was fine," said Nofri. "I think that it was just a lack of execution. We talk about playing all four quarters and we haven't done that yet as a football team this year."

On Saturday, they did.

In front of 3,473 at Memorial Field in Hanover, N.H., Sacred Heart scored four times, a touchdown in each quarter, as they rolled Dartmouth College, 27-10.

Sophomore running back Keshaudas Spence put the Pioneers on his broad shoulders as he rumbled for a career-high 138 yards rushing and three touchdowns.

"Offensively," said Spence, "we were able to run the ball so successfully...because [of] the hogs up front and the fullbacks. Those guys were cheering for me and told me that they had my back, and I told them that I had theirs'. From there on, things started to click on all cylinders."



Things first started to click in the passing game.

Following a 44-yard field goal from Dartmouth Big Green sophomore kicker Riley Lyons on the game's first possession, Little answered five minutes later when he found sophomore tight end Tim Goodwin in the end zone from two-yards out, giving Sacred Heart and a 6-3 advantage.

Dartmouth wasted no time in regaining the lead, as sophomore wide receiver Kirby Schoenthaler took the ensuing kickoff to the house for a 79-yard touchdown return and a 10-6 Big Green lead.

That would be the last points the Pioneers would surrender, though.

Defensively, Sacred Heart wreaked havoc on the Dartmouth offense. The Pioneers forced four turnovers, sacked the quarterback duo of sophomore Alex Park and freshman Dalyn Williams three times, and held the Big Green ground attack to just 85 yards.

"They're clicking," said Nofri of his defense. "Defense is a lot of hustle, [being] mentally tough; being able to run to the ball and physically intimidate people... that's how you win on defense. We've done that the last few weeks."

Sacred Heart wrestled the lead back for good in the second quarter with Act I of the Keshaudas Spence Show, a 10-yard touchdown run for a 13-10 advantage.

Spence would be responsible for all the game's points after the first quarter.

As the Pioneer defense pitched a second half shutout, Spence would find pay dirt from 14-yards out in the third quarter and from 11-yards out in the fourth, sealing the 27-10 victory.

"For Keshaudas," said Nofri, "it's getting him to go north-and-south. He's not an east-west runner. When he gets those shoulders squared to the line of scrimmage and he gets going north-and-south, he's a tough back to bring down."

Spence helped bring down Dartmouth's record to 3-2 overall. They remain 1-1 in the Ivy League.

The Pioneers improve to 3-1 all-time against Ivy League opponents and end their non-conference schedule with a 1-2 record. Sacred Heart also improves to 2-4 overall and remains 1-2 in the NEC.

The Pioneers return to conference play on Saturday when they travel to Pittsburgh, Pa. to battle Duquesne University (4-2, 2-1 NEC) at noon.

CLUB SPOTLIGHT

Cory Lutkus
Staff Reporter

Men and Women's Volleyball

What: New England Collegiate Volleyball League (NEVCL)

Where: Practices are held in the Pitt center on campus.

When: Practices are 2 times a week from 10:10 to 12:00 p.m.

-Women's team practice Monday's and Wednesday's

-Men's team practices Tuesday's and Wednesday's

Games: The season is year round (starts in September and ends in March/April). The main season is in the spring.

-The season consists of tournaments typically on Sunday's-all day events where SHU is entered into a pool with 4 other teams.

-Typically, top two teams advance to the playoffs and play other teams from different pools at the tournament.

Teams in the Division: Teams vary in each competition but some common competitors are:

-For the women: UMASS, Harvard, Dartmouth, Fairfield University

-For the men: UCONN, Wesleyan University, and Stonehill College

For more information about the women's volleyball team contact Maile Hetherington at hetheringtonm@sacredheart.edu or Eddie Kennedy at kennedy2545@sacredheart.edu

For more information about the men's volleyball team contact Charlie Marcelin at marcelinc@sacredheart.edu

INTRODUCING...ICE HOCKEY

The Sacred Heart men's ice hockey team began their season with an 8-2 loss on Friday at Providence College. In the first period, the Pioneers played solid defense, allowing only one goal. However, in the second period, Providence erupted for four goals, increasing their lead to 5-0. Sacred Heart answered in the third period with a goal from senior Eric Delong. Sophomore Drew George added a power play goal later in the period, but it was nowhere near enough.

The women's ice hockey team began their season by dropping the first two at home against the Rochester Institute of Technology, 8-0 and 7-2, respectively. In the first game, junior Alexius Schutt made 45 saves and freshman Amanda Fontaine stopped 10-of-11 shots. In the second game, sophomore Casey Stathopoulos and sophomore Natasha Klinoff led the Pioneers by scoring a goal apiece. On Friday and Saturday, Sacred Heart won both games against the University of Rhode Island, 7-3 and 4-1, respectively. Recording the goals in the first game for the Pioneers were Stathopoulos, sophomores Cara Curran and Alanna Woodford, and junior Sara Hanna. Stathopoulos, Curran, and Woodford scored twice. In the second game against URI, sophomore Catherine Chittick led the team with two goals. The Pioneers next two-game series is against Penn State at home on Friday.